

## Healthy People 2010 Operational Definition

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### 19-16. Increase the proportion of worksites that offer nutrition or weight management classes or counseling.

<b>National Data Source</b>	National Worksite Health Promotion Survey (NWHPS), Association for Worksite Health Promotion (AWHP) and OPHS, ODPHP.
<b>State Data Source</b>	Not identified.
<b>Healthy People 2000 Objective</b>	Adapted from 2.20 (Nutrition).
<b>Changes since the 2000 Publication</b>	Revised baseline (see Comments). Revised target (see Comments).
<b>Measure</b>	Percent.
<b>Baseline (Year)</b>	54 (1998-99)
<b>Target</b>	84
<b>Target-Setting Method</b>	55 percent improvement.  For a discussion of target-setting methods, see Part A, section 4.
<b>Numerator</b>	Number of worksites with 50 or more employees in nongovernmental organizations that offer nutrition or weight management classes or counseling at the worksite or through their health plans.
<b>Denominator</b>	Number of worksites with 50 or more employees in nongovernmental organizations.
<b>Population Targeted</b>	U.S. civilian, noninstitutionalized population.
<b>Questions Used to Obtain the National Baseline Data</b>	From the 1999 National Worksite Health Promotion Survey: <ul style="list-style-type: none"> <li>➤ <i>During the last 12 months, did you offer (see below) to your employees at the worksite?</i> <ul style="list-style-type: none"> <li>1) <i>Nutrition or cholesterol education</i></li> <li>2) <i>Weight management classes or counseling</i></li> </ul> </li> <li>➤ <i>During the last 12 months, did you offer (see below) to your employees through one of your health plans?</i> <ul style="list-style-type: none"> <li>1) <i>Nutrition or cholesterol education</i></li> <li>2) <i>Weight management classes or counseling</i></li> </ul> </li> </ul>

<b>Expected Periodicity</b>	Periodic.
<b>Comments</b>	<p>Responses to the two questions on nutrition and cholesterol education and weight management classes or counseling are combined for tracking this objective.<sup>1</sup></p> <p>The original baseline of 55 percent was revised to 54 percent due to a data entry error. The target was proportionally adjusted from 85 percent to 84 percent to reflect the revised baseline using the original target-setting method.</p> <p>This objective differs from Healthy People 2000 objective 2.20, which was tracked with three surveys that differed in sponsors and in the questions asked.</p> <p>See Part A for focus area contact information.</p>

## References

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1. Mercer, W.M. 1999 *National Worksite Health Promotion Survey*. Washington, DC: Association for Worksite Health Promotion, 1999.